



Honey-Crunch Ice Cream

http://www.eatingwell.com/recipes/honey_crunch_ice_cream.html

Drizzle with a little caramel sauce for an even tastier treat.

6 servings, about 1/2 cup each | **Active Time:** 20 minutes | **Total Time:** 3 1/4 hours (including chilling & freezing time)

Ingredients

Honey-Crunch Ice Cream

- 1 tablespoon honey
- 1 teaspoon butter, melted
- 1 teaspoon low-fat milk
- 1 teaspoon light brown sugar
- 1/2 teaspoon vanilla extract
- 1/4 cup Grape-Nuts cereal

Ice cream

- 1 1/2 cups whole milk
- 1 14-ounce can nonfat sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

Preparation

1. To make honey crunch: Preheat oven to 350°F. Coat a small baking pan with nonstick cooking spray.
2. Mix honey, butter, milk, brown sugar and vanilla in a small bowl until blended. With a fork, stir in Grape-Nuts until well coated. Spread in a thin layer in the prepared baking pan. Bake, stirring once or twice, for 5 minutes, or until the cereal has darkened and bubbling has subsided. Spread on a plate and let cool completely. Break up any large clumps and set aside.
3. To make ice cream: Mix milk, condensed milk and vanilla in a large bowl until blended. Refrigerate until cold, at least 2 hours or overnight.
4. Stir lemon juice and salt into the chilled ice cream mixture. Freeze in an ice-cream maker, following the manufacturer's directions. Halfway through freezing, when ice cream begins to thicken, sprinkle in the honey crunch and continue freezing. If necessary, let the ice cream harden in the freezer for 30 minutes before serving.

Nutrition

Per serving : 268 Calories; 3 g Fat; 2 g Sat; 1 g Mono; 16 mg Cholesterol; 52 g Carbohydrates; 8 g Protein; 0 g Fiber; 219 mg Sodium; 737 mg Potassium

3 1/2 Carbohydrate Serving

Exchanges: 3 1/2 other carbohydrate, 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Store the honey crunch (Steps 1-2) in an airtight container at room temperature for up to 3 days. Store the ice cream (Steps 3-4) in a resealable plastic container in the freezer for up to 4 days.
- Use Grape-Nuts to add low-fat crunch to other dessert recipes and toppings.